

# Pathfinder series: Palliative and End-of Life Care

## Websites

### **Canadian Virtual Hospice** <http://www.virtualhospice.ca/>

The Canadian Virtual Hospice provides support and personalized information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. Includes information on managing pain, talking to children, spiritual health, communication, final days and much more.

### **Hospice Palliative Care Ontario** <http://hpco.ca/>

Hospice Palliative Care Ontario's website is a helpful site for anyone looking for hospice information and care in their community. Includes links to other organizations, a list of frequently-asked-questions, where to find support and more.

### **Canadian Hospice Palliative Care Association** <http://chpca.net/>

Advocating for quality end-of-life/hospice palliative care in Canada, the CHPCA's work includes public policy, public education, and awareness. The website provides information about services and resources for caregivers, information about advance care planning, Aboriginal resources and much more.

### **Living Lessons** <http://www.living-lessons.org/>

The *Living Lessons*<sup>®</sup> campaign is a national initiative providing resources for patients, caregivers and healthcare professionals involved with end-of-life care in Canada. As well as information for patients and caregivers, the website offers personal stories, photos and guidance for those needing assistance with end-of-life care.

# Books available from Central library, St. Catharines:



## **What dying people want: practical wisdom for the end of life / David Kuhl**

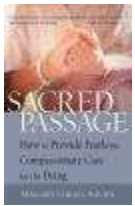
Pub date: c2002, **Call No.: 155.937 Kuh**

Dr. Kuhl's book is a source of wisdom and practical help to everyone seeking to understand the emotional needs and physical concerns of dying people. An important guide for all those who must confront terminal disease.

## **A Caregiver's guide: a handbook about end of life care / Karen Macmillan ... [et al.].**

Pub date: c2000, **Call No.: 616.029 Car**

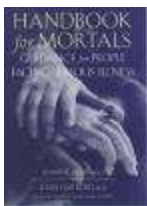
In this book, caregivers are given the medical and nursing information they will need in easy to understand language, helping them understand the journey upon which their loved ones have embarked, to become effective, informed members of the palliative care team and to provide essential physical, spiritual and emotional support.



## **Sacred passage : how to provide fearless, compassionate care for the dying / Margaret Coberly**

Pub date: c2002, **Call No.: 616.029 Cob**

The author offers practical advice on the physical, emotional, and spiritual dimensions of caring for the dying. Readers will learn what to expect during the dying process, how to establish a peaceful environment for the dying, and much more.



## **Handbook for mortals : guidance for people facing serious illness / Joanne Lynn, Joan Harrold and the Center to Improve Care of the Dying, George Washington University**

Pub date: 1999, **Call No.: 362.175 Lyn**

*Handbook for mortals* was written for those who wish to approach the final years of life with greater confidence about how to make the end of life a time for growth, comfort and meaningful reflection. It contains practical information combined with gentle insight, and includes personal stories.



## **Saying goodbye : how families can find renewal through loss / Barbara Okun and Joseph Nowinski**

Pub date 2011, **Call No.: 155.937 Oku**

The authors help guide readers through the complex journey of loss, and introduce and explore the five stages – crisis, unity, upheaval, resolution, and renewal – and offer tools to help readers navigate their way through the realities of death and dying.

## Books/videos they may be able to help you find:

### **Being with dying: Cultivating compassion and fearlessness in the presence of death / Joan Halifax**

The author's work, inspired by Buddhist teachings, is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. Includes guided meditations to help readers contemplate death without fear.

### **When the focus is on care: palliative care and cancer / Kathleen Foley**

This comprehensive guide explores the emotional impact of cancer and covers coping strategies, performing a life review and leaving a legacy, talking to loved ones about cancer and dying, and coming to terms with mortality.